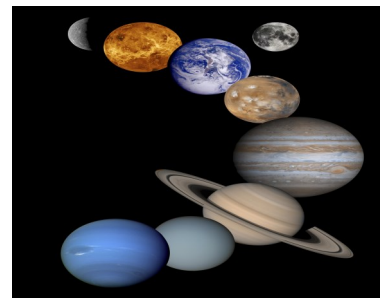


Quest Adult Day Program Millbrook Exchange September Newsletter 2017



Welcome to Quest!

Quest is an adult day program for individuals with disabilities, who are interested in day-time recreation, healthy living and community engagement.

Adults ages 22 and up, who are able to work within a group setting, manage personal care, and follow basic rules of safety and interaction are invited to join Quest. Staff facilitation and supervision is provided on a 1 staff to 6 participant ratio.

Registration includes the month of Thursdays and we hope to see all participants each of the weeks in September!

What do participants need for the Quest program?

- Lunch for the day: we may not have access to a refrigerator or microwave
- Personal items
- Reusable water bottle is recommended

For more information:

SRIS@raleighnc.gov
or
919-996-2147

Registration Options:

1 - Online via:
reclink.raleighnc.gov

2 - Mail to:
SRIS
2401 Wade Avenue
Raleigh, NC 27607

3 - In Person:
At any Raleigh
Parks, Recreation
and Cultural
Resources facility
(during operating
hours)



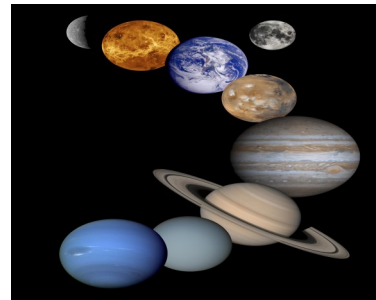
RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Please see additional
Information on the back.



Weekly Activities

September 2017



With the historic eclipse taking place just a few weeks ago, during the month of September, we'll focus on learning about Space and our Solar System!

Thursday, September 7

- We will learn about all the planets that make up our solar system and participate in games and activities that will simulate a day in the life of an Astronaut. We will go through some Astronaut training as well as taste Astronaut Ice cream!

Thursday, September 14

- We will learn all about rockets! We will make our own Alka-Seltzer Rockets and see whose travels the farthest.

Thursday, September 21

- We will learn all about the moon! We will even learn about the phases of the moon using Oreo Cookies!

Thursday, September 28

- We will take a trip to the Morehead Planetarium. Please make sure you arrive at Millbrook by 9:20am for an on time departure. We will bring our lunch and eat at the Planetarium.

Don't forget to register in advance for upcoming months in 2017 at both our Five Points and Millbrook Exchange locations! Registration closes **2 weeks** prior to the start of the month.



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